

# MENTAL HEALTH & PARAMEDICS

Anna Ding  
Western USRI Research Day

*"I can say this for sure, this is the first time in my 27[year] career that I've been scared" (Participant 5)*

Based on interview transcripts collected from: "At the Front of the Front-lines, Ontario Paramedics' Experiences of burnout, risk and communication during the 2020 COVID-19 Pandemic and the Implications for Public Health."

(Oliphant, A., Faulds, C., Bengall, S., & Nouvet, E., 2021)

## Key points



June to  
August 2020



21 interviews  
with Ontario  
paramedics



Secondary  
analysis

## Pandemic specific stressors



**Self imposed physical isolation**  
from family to prevent spread



**More limited scope of practice**  
for personnel safety (removing  
aerosol generating procedures)  
or taking more time to don PPE



**Constantly changing policy**  
while serving multiple hospitals



**A public facing role**  
where they have to inform loved  
ones of no visitor policies



**Concern for personal health and safety**  
while maintaining vigilance over a  
prolonged period

**Moral distress** often arises when system-level limitations constrain  
healthcare providers from doing what they know under different  
circumstances could have been done for a patient (Fortier, 2019).

## A long-term issue...

*"Between the mental health aspect and then the physical aspect,  
most people didn't retire from the job." (Participant 24)*